

Healing a Woman's Soul *Tools for the Journey II*

Tools for the Journey II is about finding and nurturing a solid spiritual foundation that will anchor you in difficult times. It's about a relationship with God, a Higher Power. Its learning to live the journey, both its ups and downs, that brings us peace.

Many times we have tried to live better and failed. We may have resorted to false supports: people who hurt us, dangerous circumstances or substances, or just been in the wrong place at the wrong time.

We picture life as a mustard seed – at first a small seed with a very hard covering, later a strong bush big enough to be a refuge for birds.



At *Tools for the Journey II*, we will explore ways to nurture that seed thru sometimes painful growth spurts and the deserts of life as

we find to find a way to go beyond ourselves to God and to others.

Please come and discover, begin or strengthen a spiritual foundation with a loving God who longs for a relationship with us.

Retreat Directors

Minister Grace Smythe-Young heads the Retreat team. She has over twenty years of experience in the field of substance abuse and is the Residential Director at Homer Perkins-Trinity Institute and an Associate Minister at Mount Pleasant Missionary Baptist Church in Albany, NY. She is joined by:

- ❖ Minister Karen Clancy, a certified substance abuse/grief counselor and an Associate Minister at Morning Star Missionary Baptist Church in Albany.
- ❖ Rev. Jacqueline Jones, an Episcopal priest at St. Andrew's in Scotia and licensed mental health counselor;
- ❖ Rev. Virginia Ogden, an Episcopal priest at St. Michael's in Colonie and former teacher and pastor; and
- ❖ Rev. Dr. Anne Curtin, an Episcopal priest at Christ Church in Coxsackie and former teacher and attorney.

Information

Cost: \$85.00 includes meals, program and accommodations in a private room.

Registration: 7:00 PM Friday

Program begins: 7:45 PM Friday

Program ends: 2:30 PM Saturday after lunch

Healing a Woman's Soul *Tools for the Journey II* October 7 - October 8, 2011

REGISTRATION FORM

Name _____

Address 1 _____

Address 2 _____

City, State, Zip _____

Phone (home, cell, work) _____

Email _____

Diet Restrictions _____

Special Needs _____

Method of Payment _____

Deposit Amount & Check # _____

Are you requesting a scholarship?

YES NO

If "yes" Partial or Whole

Partial Scholarship Request \$ _____

For reservations contact:

Healing a Woman's Soul, Inc.

Retreat Coordinator

68 S. Swan St.

Albany, NY 12210

Phone: 518-465-4737

healingwomanssoul@berk.com

www.saintandrewscotia.org/ministries

Accommodations

The Carondelet Hospitality Center is a smoke free facility with 48 private bedrooms, a beautiful chapel, meditation garden, spacious grounds for walking, and a large meeting room.

What should I bring?

We recommend warm, comfortable look or journal for taking notes is helpful.

How do I get there?

From the New York State Thruway:

NYS Thruway Exit 24 to Northway (Route 87) north to Exit #6 (Latham) Route 2 East (toward Watervliet) for a little over two miles, crossing Route 9 traffic circle mid-way. Take a right on Delatour Road, at the traffic light immediately after passing K-Mart located on the left.

The entrance to Carondelet Hospitality Center is ¼ mile on the right (immediately after passing the cemetery).

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Healing
a Woman's
Soul

A journey of hope.®

October 7 - October 8, 2011

Carondelet Hospitality Center
385 Watervliet-Shaker Road
Latham, New York 12189

For more information:

Call 518-465-4737 or

healingwomanssoul@berk.com

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